

## Claims

[c1] A climbing structure comprising:

- a) an insert;
- b) a climbing hold that defines an opening, the climbing hold having a recess that is offset a distance from the opening and that is shaped to receive the insert; and
- c) a climbing surface that defines an opening that is aligned with the opening in the climbing hold so that a threaded member inserted through the opening in the climbing hold and into the opening in the climbing surface secures the climbing hold to the climbing surface and causes the insert to engage the recess in the climbing hold.

[c2] The climbing structure of claim 1 wherein the insert and the threaded member substantially prevent the climbing hold from rotating relative to the climbing surface.

[c3] The climbing structure of claim 1 wherein the insert comprises a molded protrusion that is formed on the climbing surface.

[c4] The climbing structure of claim 1 wherein climbing sur-

face further comprises a recess that is shape to receive at least a portion of the insert.

- [c5] The climbing structure of claim 4 wherein at least one of the recess in the climbing hold and the recess in the climbing surface comprises a slot.
- [c6] The climbing structure of claim 4 wherein the portion of the insert is threaded in the recess in the climbing surface.
- [c7] The climbing structure of claim 4 wherein the portion of the insert is permanently mounted in the recess in the climbing surface.
- [c8] The climbing structure of claim 4 wherein at least one of the climbing hold and the climbing surface comprises a plurality of recesses.
- [c9] The climbing structure of claim 8 wherein the plurality of recesses allow the climbing hold to be secured in different positions relative to the climbing surface.
- [c10] The climbing structure of claim 1 wherein the insert comprises a bolt.
- [c11] The climbing structure of claim 1 wherein the insert comprises a pin.

- [c12] The climbing structure of claim 11 wherein the pin comprises a mushroom-shaped head.
- [c13] The climbing structure of claim 11 wherein the pin comprises a cylindrical-shaped head.
- [c14] The climbing structure of claim 1 wherein the threaded member comprises a threaded rod.
- [c15] The climbing structure of claim 1 wherein the threaded member comprises a bolt.
- [c16] The climbing structure of claim 1 wherein the insert is selected from the group comprising a sphere, a capsule, and a block.
- [c17] The climbing structure of claim 1 further comprising a plurality of inserts.
- [c18] The climbing structure of claim 1 wherein the climbing hold comprises at least one rock-like protrusion.
- [c19] The climbing structure of claim 1 wherein the insert is selected from the group comprising a circular insert, a spherical insert, a cylindrical insert, a rectangular insert, a triangular insert, a trapezoidal insert, a hexagonal insert, an octagonal insert, and an ellipsoidal insert.
- [c20] The climbing structure of claim 1 wherein a shape of the

insert is substantially staple-like.

- [c21] The climbing structure of claim 1 wherein the opening defined by the climbing surface comprises a threaded opening.
- [c22] The climbing structure of claim 1 further comprising a threaded insert positioned at least partially within the opening in the climbing surface, the threaded insert receiving the threaded member inserted through the opening in the climbing hold.
- [c23] The climbing structure of claim 1 further comprising a nut positioned behind the climbing surface, the nut receiving the threaded member inserted through the opening in the climbing hold.
- [c24] The climbing structure of claim 1 wherein the opening in the climbing hold comprises a shouldered through-hole.
- [c25] A method for securing a climbing hold to a climbing surface, the method comprising:
  - a) aligning an opening that is defined by the climbing hold with an opening that is defined by the climbing surface;
  - b) aligning an insert with a recess in the climbing hold, the recess being offset a distance from the opening that is defined by the climbing hold; and

c) inserting a threaded member through the opening in the climbing hold and into the opening in the climbing surface to secure the climbing hold to the climbing surface and to cause the insert to engage the recess in the climbing hold.

- [c26] The method of claim 25 wherein the inserting the threaded member through the opening in the climbing hold and into the opening in the climbing surface substantially prevents the climbing hold from rotating relative to the climbing surface.
- [c27] The method of claim 25 wherein the insert comprises a molded protrusion that is formed on the climbing surface.
- [c28] The method of claim 25 further comprising aligning at least a portion of the insert with a recess in the climbing surface.
- [c29] The method of claim 28 wherein at least one of the climbing hold and the climbing surface comprises a plurality of recesses.
- [c30] The method of claim 25 further comprising securing the climbing hold in different positions relative to the climbing surface.

- [c31] The method of claim 25 further comprising threading the threaded member into a threaded insert that is positioned at least partially within the opening in the climbing surface.
- [c32] The method of claim 25 further comprising threading the threaded member into threads formed in the opening in the climbing surface.
- [c33] The method of claim 25 further comprising inserting the threaded member through the opening in the climbing hold and into the opening in the climbing surface and threading the threaded member into a nut that is positioned behind the opening in the climbing surface to secure the climbing hold to the climbing surface.
- [c34] The method of claim 25 further comprising threading at least a portion of the insert into a recess in the climbing surface.
- [c35] The method of claim 25 further comprising permanently mounting at least a portion of the insert in a recess in the climbing surface.
- [c36] The method of claim 25 further comprising threading at least a portion of the insert into a nut that is positioned behind a recess in the climbing surface to secure the portion of the insert in the recess in the climbing sur-

face.

- [c37] A climbing structure comprising:
  - means for aligning an opening that is defined by the climbing hold with an opening that is defined by the climbing surface;
  - means for aligning an insert with a recess in the climbing hold, the recess being offset a distance from the opening that is defined by the climbing hold; and
  - means for inserting a threaded member through the opening in the climbing hold and into the opening in the climbing surface to secure the climbing hold to the climbing surface and to cause the insert to engage the recess in the climbing hold.